

Veggie Kabobs – Makes a lot!!

<https://www.eminencenutrition.com/veggie-kabobs>



Ingredients:

- 4 Bell Peppers
- 3 Zucchini
- 2 red onions
- Olive oil
- Salt, pepper and Italian seasoning to taste

Items needed:

- Kabob sticks
- BBQ!

Directions

1. Chop veggies into large pieces
2. Toss in a large bowl with some olive oil just to coat the veggies
3. Add salt, pepper and Italian seasoning to taste (or you can add any of your favourite veggie seasoning flavours)
4. BBQ until tender crisp
5. Enjoy 😊